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Cause And Effect Essay

Causes of Stress

Stress is a big part of people’s everyday lives. Whether it is a short term or long term stress. There are many different reason why people have stress. Well we are going to hear about three different causes. The stress of being raped or mugged, work, and being in a car accident. There are causes and effects to stress no matter what it is from. It can be physical, emotional, mental, or psychological stress.

A traumatic event such as being raped or mugged is a very difficult but life long stress problem. It is caused due to the fact that people relive the incident over and over everyday after something like that happens. It can also be called acute stress disorder. Some are effected emotional with anxiety, frustration, irritability, and depression. Some others have emotional detachment, depersonalization, or even temporary of memory loss. A traumatic event like being raped or mugged is a long term stress problem. Which can lead to numerous things like chronic headaches or even heart attacks.

This is a story of what happened to a women by the name of M Marsden after she was a victim of rape. “ I am a rape survivor. I wondered what I did wrong and why this happened to me. He took my dignity and my pride. He left me naked in a car by the side of the road. I know what it feels like to lose control of my bodys reactions and emotions. I experience panic attacks, increased startle response, insomnia and nightmares on a daily basics. I feel sad one day and numb the next. I feel dirty and violated. My sleep is effected by frequent nightmares or sleepless nights. I walk around in constant fear and no longer leave my own home with out someone with me. Every thing I used to do all changed after that one day.”

Work is another reason people have stress. Different reasons cause this type it can be anything from: having to work a lot of overtime, layoffs/ budget cuts, performance, overwhelmed with to much work, failure in your work, boss, coworkers. Some effects may cause many different things such as : being anxious, irritable, depressed, loss of interest in work, sleeping problems, fatigue, trouble concentrating , muscle tension or headaches, stomach problems, social withdrawal and in some cases drugs and alcohol abuse. This is what Dave had to say about his stress at work and how it effected him. “It used to be that as long as you did your work, you had a job. That's not for sure anymore. They expect the same production rates even though two guys are now doing the work of three. We're so backed up I'm working twelve-hour shifts six days a week. I swear I hear those machines humming in my sleep. Guys are calling in sick just to get a break. Morale is so bad they're talking about bringing in some consultants to figure out a better way to get the job done. I'm afraid I jumped from the frying pan into the fire. In my new job, the computer routes the calls and they never stop. I even have to schedule my bathroom breaks. All I hear the whole day are complaints from unhappy customers. I try to be helpful and sympathetic, but I can't promise anything without getting my boss's approval. Most of the time I'm caught between what the customer wants and company policy. I'm not sure who I'm supposed to keep happy. The other reps are so uptight and tense they don't even talk to one another. We all go to our own little cubicles and stay there until quitting time. To make matters worse, my mother's health is deteriorating. If only I could use some of my sick time to look after her. No wonder I'm in here with migraine headaches and high blood pressure. A lot of the reps are seeing the employee assistance counselor and taking stress management classes, which seems to help. But sooner or later, someone will have to make some changes in the way the place is run."

A traumatic event such as a car accident can also be a cause. The fact that people live with the guilt of hitting someone or something is very stressful. Most people that are involved in a car accident experience a number of different emotional effects such as: shock, fear, anger, jumpy, detached, or depressed. Other effects that may occur are: guilt and self blame, anxiety and edginess, mood swings, feeling disconnected or numb, distressed, insomnia or bad dreams, withdrawal from others, loss of appetite, feel sad or hopeless. When one is effected by anxiety it makes them irritable, physical restlessness, sleep problems, inability to concentrate, and easily startled. This is a true story about a girl that survived a four car accident. "I survived a four vehicle car accident where I felt I pushed my foot on the brake with all my life, but the car just wouldn't stop moving. For almost 2 years after this accident, I couldn't easily ride in any vehicle without feeling anxiety each time the driver was to come to a stop. Every driver seemed to brake much too late. I recognized the problem and tried to not say anything, but at times I was unconsciously pressing my foot into the car mat so hard that the driver asked me if I was OK." “I had a difficult time sleeping for almost two weeks after my car accident. Although my chest hurt almost constantly from the air bag explosion, I was tossing and turning from the anxiety I didn't even recognize the real problem during the first few days. I started taking over-the-counter sleeping medications. Be careful. That's how addictions begin. Talk with your doctor if you have similar issues before medicating yourself."

Its obvious that there are changes in our day to day lives that may or may not cause stress. No matter what the cause is there will always be an effect to the problem or situation. The causes are the biggest change in people’s lives, emotional , mentally, and physically and psychologically. Some are long term and some are short term. What was written above is just a few things that people stress about and the effects that it has on a person. You can live with stress. Just need to manage it the right way. Everyone has it some point in time.

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